



Tallil Times

IN BRIEF

DCU Sleeves

In accordance with the 332nd AEW Instruction 36-2903, Feb. 1, 2005, DCU sleeves will be worn down. "Cuffing" is not authorized.

Force Protection change

Due to a change in the force protection posture the following procedures have been implemented at the Coalition Cafe and the Post Exchange.

100% ID Check of all U.S. and Coalition personnel entering these facilities (must show Tallil Air Base Photo ID Badge or CAC ID).

Random searches of personnel entering these facilities.

No bags allowed into either the Coalition Cafe or the Post Exchange.

Bedrock Central

Bedrock City Council will meet Apr. 7, at 9 a.m., in the 407th AEG conference room.

The Bedrock Heath, Moral, Safety and Welfare committee meets Tuesdays at 8 a.m., in the Chapel Annex. Next weeks meeting will review smoke pits. This is an open forum for all interested in attending.

Infrastructure committee meeting is held Tuesdays at 2 p.m., in the 407th ECES conference room, Bldg. 630. The topic of discussion will be working tent repair issues and status of latrine and self-service laundry trailer.

Calling all Company Grade Officers

The CGOC seeks to create a forum for officers to meet, socialize, and network with other officers while promoting the morale, welfare, and esprit de corps of the base. In addition, the CGOC focuses on professional development, community service, and base support.

CGOs will meet at tent F-14 on Monday night at 8 p.m. to watch "Band of Brothers." The next meeting is scheduled for Mar. 25, at 8 p.m., location to TBA.



Photos by Master Sgt. Terry Nelson

Staff Sgt. Eric Goebel, 407th ESFS, checks the speed of an oncoming vehicle here Mar. 4. Sergeant Goebel is assigned to the newly established security force's law and order flight.

Maintaining law and order

By Master Sgt. Terry J. Nelson

407th AEG Public Affairs

The 407th Expeditionary Security Forces Squadron established a joint services law and order flight here Jan. 26. The flight consists of 30 Air Force security forces personnel and three Army military policemen who act as liaisons for the flight.

The law and order flight, which falls under the base's Provost Marshal program, is headed up by Maj. Ricky Burns of the U.S. Army. He is the base's deputy Provost Marshal and works directly with Lt. Col. Charles Douglass, 407th ESFS commander and Ali Base's Provost Marshal.

The purpose of the law and order flight is to protect the Airman and Soldiers of Ali Base, both on the road and inside Bedrock (Tent City).

"We recently finalized the Rules of The Road policy. The policy contains all the rules and regulations that the patrolmen will be enforcing here at Ali Base," said Maj. Burns.

The patrolmen assigned to the law and order flight have all received training on the speed radar guns they are currently using.

"There has been a significant number of U.S. and Coalition forces driving at unsafe and at excessive speeds on the roads around Ali Base," Maj. Burns said.

"Perimeter Road is where most of the speeding violations are occurring. We focus on this area because of the high amount of pedestrian traffic, and the safety of the Soldiers and Airmen is our main concern."

Patrolmen have hit the roads and are pulling people over for vehicle infractions in-

Why deployments are great

By Capt. Sabrina Jones

407th ESVS Commander

You're probably thinking, yah, deployments are great because of all the extra money we make. Some are probably thinking, great, I have to be away from my family and friends for four to six months, what's so great about that.

Well, from my experience, and this is my third deployment, one with the Army to Desert Shield/Storm and one with CENTCOM last year, deployments are great. They bring out the best in people, and life tends to be a bit simpler. Think about it, you pretty much live out of two to five bags, your meals are prepared for you, and what worries do you have at the end of your day. Life is simplified.

For many, this is what "serving their country" is all about. Going somewhere our nation's leaders are trying to spread democracy and basic freedoms to help people less fortunate than us, hopefully ending tyranny and terrorism, and in the end benefiting the US. People tend to deploy with the attitude that they are truly going to make the most of it and try to leave their location better

for the next group that comes in. As a result, amazing achievements are accomplished. People really step up and a community attitude develops with folks more than willing to help out others to make plans come to fruition.

Deployments can also be rejuvenating. I have heard many say how this is essentially kind of a break for them. Life truly is less hectic here. They are getting to do some things that they don't have time to do back home like complete some education, play games, or get caught up on reading and movies.

However for me, the best part about deployments are the people you get to meet. I am continually amazed by the people. The terrific attitudes, continual smiles, and selflessness do my heart good. And the laughter; there are so many genuinely funny people around. It really sunk in one evening last year while I was deployed. I was at dinner with the usual folks from the JOC and it hit me, everyone was funny. The discussions we would get into and what would come out of people always ended up leading to laughter. Think about it, we are in less than ideal conditions, worrying about the possible attacks that could occur (at least in the back of our minds if not in the forefront), away from the comforts of home and family, and the human spirit prevails. We make the best of the situation at hand, and we laugh, life's best medicine. And in the end, many of us make some friends for life.

So are deployments great...Definitely! Why? Because of the opportunities, life is simplified, and great people. That's what's so great about four to six months on the road.

It's official, the new name for Tent City is Bedrock, edging out Freedom Village and The Oasis.

Colonel Dennis Diggett, 407th Air Expeditionary Group commander, and Top Three President, Senior Master Sgt. Robert Appling, handed out over \$200 in prizes Tuesday to the first, second and third place winners.

Tent City (Bedrock) residents sent in more than 150 of their favorite suggestions on what they wanted to rename Tent City. The list of 150 was narrowed down to five by the Top Three, who sponsored the renaming contest.

Squadron first sergeants then polled their Airmen on which of the five names they liked best and Bedrock came out on top.

The first place entry was sent in by Tech. Sgt. Jay Namm, 777th Expeditionary Aircraft



Maintenance Squadron. He was presented with a JVC CD Compact Component System.

The second place entry was submitted by Staff Sgt. Ryan Boyd, 407th Expeditionary Civil Engineer Squadron's fire department. He received a JVC Portable Anti-Shock CD/CD-R/RW Player.

And taking third place in the contest was Master Sgt. Andrew Smith, 777th Expeditionary Airlift Squadron. He won a \$15 AAFES Gift Certificate.

Many of the top candidates for the new name were sent in by more than one person. The public affairs office was the focal point for all submissions and submitted the names to the Top Three, who narrowed the list down.

If a name was sent in by more than one person, the person who emailed the name to the public affairs office first received credit for the submission. The public affairs office did not have a vote when it came to the overall winners.

The Top Three would like to thank everyone for their participation in the renaming contest and hopes that everyone is happy with the new name.



The Tallil Times

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The only thing constant is change

How you deal with it is up to you

By Lt. Col. Charles Douglass

407th ESFS Commander

When I came in the Air Force, my first base was Whiteman AFB, Mo., one of the homes for Strategic Air Command's (SAC) key nuclear weapons arsenal and a Missile Wing. Whiteman AFB was home of something else in the late 80's – constancy. Everything from duty schedules, to the training we did, even to the uniforms we wore, was constant in SAC for the last decade before I arrived. I was told from the time I was a young Lieutenant, if you need to do something, it will be in a checklist, and those checklists didn't change very often.

Around the end of 1988 a wind started to blow, and it was the wind of change. The changes would be dramatic, and constant throughout my career. As I worked through the changes I found out one simple but very important thing; the most important thing was not the change itself, it was how we react to it – our attitude.

A few years ago, I read a book called *Who Moved My Cheese* by Dr. Spence Johnson and Dr. Ken Blanchard. At first when I started reading about some mice and "little people" I thought it comical, but later I found the changes that occurred and how the four characters reacted to it to be very true.

Just like in this book, I have seen throughout my career that both I and those around me place a lot of importance, even our own self worth in the constancy, "the cheese," we can find. If things are "this way" then I have meaning because I fit into the process. Just like in *Who Moved My Cheese*, we as humans, attach emotion and sentiment to constancy. When things change our image

of the world changes and we often fear it.

Today's military, whether at home or deployed, is full of change. When I was in the Coalition Cafe here at Ali just moments ago eating dinner I saw an Army Specialist who I struck up a conversation with. After he commented, "I am just a weekend warrior, and they told me I would serve one weekend a month and two weeks a year – I am still waiting for that to happen." He was simply stating he desired the constancy that he expected in entering the reserves.

Some of the most unhappy people I meet these days in the military are those with expectations of constancy that do not meet reality. How they got the expectation that things in the military would be constant, I can only speculate. Life in the military I entered is not, and will never be free of significant changes. These changes can be jobs, locations, uniforms or any myriad of variables. If anything, the changes in life and the military are accelerating.

The one thing I can control in this ever-changing world of the military is how I react to the change. This is important whether I am a leader or a follower.

In the early part of my career I would simply try to find constancy and was upset by change. I still see this daily with people who were counting on constancy, only to be "disappointed" by change. Someone "moved their cheese."

The people who are happiest and also most successful in today's military, and for that matter in the world of modern business

also, are those who anticipate change, react well to it, and most importantly those who can predict it to their (or their unit's) advantage. These successful "change surfers" are people who are key team players who are looking for ways change are coming and implications for their organization. These people are happy and have a great attitude. When something changes, they often say to me "well, I expected something to change, and we

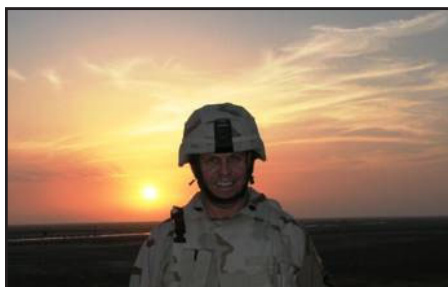
are already postured to take advantage of this."

Military units, and specifically Air Force units, who nurture people who are successful "change surfers" and which have a climate of pro-activity and positive attitudes will always do well.

Having discussions on having a positive attitude with people you work with is important. In order to have a positive attitude, it is a virtual necessity to anticipate changes that will occur and lead your peers and followers to understanding it is not a bad thing, and can even benefit them.

Things have changed dramatically in the nearly 6 months I have been here at Ali, and I can almost guarantee they will change some more on your rotation. During this TDY, just like in my career, it is very helpful not to fear change, but to expect it.

When you are at work today, and something changes, ask yourself if you expected it and how you are going to react to it. Also, ask yourself if you could have anticipated the change. In other words, how will you react when someone "moves your cheese?"



Listen up Warfighters ...

Harassment in Air Force Tent City (Bedrock) will not be tolerated. Please brief your personnel if any of them are harassed, followed or otherwise feel there is suspicious behavior by anyone, please report it immediately to the Joint Forces Police at 445-2232 or in an emergency - 911

... carry on troops!



Feedback is key to success

By Senior Master Sgt. Gregory Reed

407th ELRS

Have you ever wondered why you just can't seem to lead a successful project without several hiccups or you have problems motivating your troops? To maintain a high level of sustained performance, continual feedback is essential. A successful feedback includes clearly defined expectations with desired outcomes.

Feedback is fundamental to leadership, supervision, and mission accomplishment. Former CMSAF Bennicker stated, "Isn't it sad that we have to give mandatory feedback." Feedback can be as simple as a daily pat on the back, direction on how to accomplish a task, or simply helping someone with personnel matters. Honest feedback should

be woven into our daily interactions to inspire and motivate troops to reach their maximum potential. Expectations without desired outcomes can become meaningless and often lead to mistakes and miscommunication. A clear vision or mission statement coupled with daily feedback will enable our young troops to accomplish the mission in an exceptional manner and even exceed expectations.

Too many times the only feedback I see is negative in nature and comes after a failed task or project. No one comes to work with the intention of doing a poor job. To the contrary, our young troops want to know what is expected of them and generally want to not only meet, but exceed expectations. A failed tasking or project is normally the result of miscommunications or the lack of

successful feedback. Feedback stated in specific terms and desired outcomes significantly increases the chances for mission successes. In addition, positive feedback after the successful completion of a task reinforces behavior and performance. Everyone gains some level of satisfaction or motivation by hearing these simple words: "thanks for a job well done".

At Ali AB, the diverse mission comes to mind when thinking about feedback. Do your troops understand what the mission is at Ali or what actions to take in the event of an attack?

Daily feedback and communication is key to successful mission accomplishment and possibly saving lives. As leaders we have a responsibility to provide feedback. Start today!

AROUND YOUR AIR FORCE

Health officials recommend changes to fitness program

Air Force health officials recommended seven changes to the fitness program during the program's first annual review.

This first annual assessment consists of reviews by three panels: functional, external and leadership, said Lt. Col. Sherry Sasser, chief of health promotions for the Air Force surgeon general. Air Force officials conducted the functional review while experts from outside agencies and universities gave their opinion in an external review.

The leadership review will begin in late April. Commanders and senior enlisted leaders will be randomly selected via e-mail to take a Web-based survey. The survey data will be compiled and forwarded to Air Force Chief of Staff Gen. John P. Jumper.

One consistent aspect of the program, however, is that Airmen worldwide are embracing fitness as a way of life.

"We are seeing a change in the culture of the Air Force," Colonel Sasser said. "Gyms are being used morning, noon and night and are packed. Units are running together. It's wonderful to see."

In the interest of fostering the positive trend, officials said they are considering the following changes to better the program.

Award full points on the body composition component of the test if the body mass index is within a healthy range. The Air Force is adding height and weight back into the standard

to accommodate Airmen unable to obtain the minimum abdominal circumference but are still at a normal weight for their height. National Institute of Health officials define an index of less than 25 as a normal or healthy weight.

— Move the waist-circumference measurement to a controlled area for people rated poor or marginal and are being retested to reduce inconsistencies.

— Lengthen run times for tests conducted at higher elevations.

— Retest Airmen who are rated "marginal" at 90 days instead of 180 days.

— Promote nutrition as an important aspect of education and intervention.

— Emphasize regular physical training rather than test results.

— Reinforce commanders' accountability.

A proposed change to weighing the programs components at 60-20-10-10 instead of the current 50-30-10-10 was rejected. The weighted areas, expressed in percentages, correspond to the run, waist measurement, crunches and pushups.

Two smaller changes will be made to the assessment criteria. Values for females aged 50 to 54 were not consistent with all other age categories, so officials will adjust the criteria according to American College of Sports Medicine standards. A category was also added for people older than 60.

The program changes are expected to be implemented in June, officials said.

Texas Hold- ‘Em action

There were no cameras showing the hold cards or ESPN coverage, but the action was still intense at Ali Base’s first Texas Hold-‘Em tournament sponsored by the 407th Expeditionary Services Squadron Sunday at the Big Top.

After more that five hours of play, Staff Sgt. Mark Bonner, 407th Expeditionary Security Forces Squadron, out lasted 50 other competitors to take home the prize, unfortunately he didn’t win the million dollar prize handed out on the World Poker Tour.

He did take home a portable DVD player for his efforts. Master Sgt. Lavon Coles, 407th Expeditionary Logistics Readiness Squadron, finished second and won with a Play Station 2. Tech. Sgt. Norman Becker, 407th Expeditionary Civil Engineer Squadron, rounded out the top three and took home a digital camera for his efforts.

(Right) Players decide if they are in or out of a hand during the Texas hold-‘Em tournament here Sunday at the Big Top.

(Below) Senior Airman Michael Bourcier, 407th ECS, takes his turn dealing the cards during the tournament.

(Bottom Right) Capt. Eric Suci, 407th EOSS, looks at his hold cards Sunday during the Texas Hold-‘Em Tournament.





Law

Continued from Page 1

cluding speeding, not stopping at stop signs, or illegally passing. Initially, people being pulled over for infractions will be given a warning.

"Once we feel comfortable that people are getting the message, we will start writing tickets," Maj. Burns said.

Security forces will be issuing DD Form 1408s, Armed Forces Traffic Tickets, for vehicle infractions. The security forces squadron has implemented a points system, whereas if a person gets 6 points in traffic violations over a six month period they will receive a letter from the Provost Marshal stating that their driving privileges could be sus-

pended. If 12 points are amassed, driving privileges will be suspended. Different infractions carry different point penalties.

Coalition forces are subject to the same Rules of The Road Policies the U.S. forces are.

"Since we have been here the speeding and traffic violations have decreased, but it is hard to get most Coalition forces to slow down," said Airman 1st Class David Vaughn, 407th ESFS. "They are used to driving in their country and it is very hard to communicate with them. We are making progress and that is the important thing."

The law and order flight does more than just patrol the roads around Ali Base. They maintain law and order within the confines of Bedrock.

Before the law and order flight was estab-

lished there wasn't a focal point for reporting theft, assault, or violations of General Order 1A. With the law and order flight now in place, people can call the Law Enforcement Desk anytime at 445-2232 to report a violation.

Violations must be reported. "We have already had 13 cases of larceny of government property reported as well as eight General Order 1A violations, all of which were alcohol related," said Maj. Burns.

The Provost Marshal program, and law and order flight were established with one thing in mind, keeping everyone safe during their deployment.

"I just want people to be safe while they are living and working here and the joint police force will have a lot to do with that," said Airman Vaughn.

Computer security 101

By Staff Sgt.. Scott Tennyson

407th ECS Information Assurance Office

As a military, government, or contracted employee of Ali Base, you are responsible for protecting system resources within your control or possession.

As an authorized user on the Local Area Network (LAN), you agree to certain guidelines that serve to protect your data, equipment, and the integrity of the overall network.

Your part in protecting Ali system resources is known as "user level security." As a user of the Ali Base LAN, you are the first line of defense against any network vulnerabilities. Following are some of the things user can do and be aware of to protect our LAN:

Don't open it - you don't know where it's been...

Without a doubt, the primary method by which viruses, trojans, worms and "backdoor" programs are propagated is via e-mail attachments, and this is particularly true with computers running Microsoft Windows.

More often than not, if you receive an attachment that you weren't expecting, or is from someone you don't know (and don't know why they're sending it), chances are that the attachment carries some variety of "malware" just waiting for you to set it loose

by opening the attachment, particularly if the attachment has a file name extension of .exe, .pif, .scr or .vba.

One of the favorite tricks of virus writers, is to hide the virus in an attachment that, when run, produces a clever or entertaining animation on the screen that people like to forward on to all their friends without thinking.

So, in short, if you get an email attachment, unless you feel very confident about what it is, where it came from, and why it was sent to you - **DON'T OPEN IT!**

At the very least, scan it with your anti-virus software to see if anything is lurking inside.

Make sure your Anti-Virus software is up to date (Norton Anti-Virus program).

The Air Force has implemented a service wide anti-virus program. All data processing equipment, including every server and client PC, must be protected from the threat of computer viruses.

Double-click on the yellow/gold shield on the taskbar (lower right hand corner of the display) to check on the date of the anti-virus program (NAV) on your workstation. If, despite precautions, a virus is detected on your system, you must immediately contact your Workgroup Manager.

Don't leave a computer you're logged into unattended or unprotected.

Your workstation PC must be secured every time you leave your work area for any period of time.

Activating your screensaver or locking your workstation ensures unauthorized personnel won't use your PC.

If you will be away for an extended period of time (one hour or more) you should log off the workstation. Finally, you should always log off your PC at the end of every workday.

Data on paper is the same as data on the screen.

Sometimes it's necessary to print out copies of important or sensitive data. If you have sensitive printouts, don't leave them lying around where unauthorized, prying eyes can see them. The data is just as sensitive and confidential on a printed page as it is on a computer screen, and if you don't want it read on the monitor, you probably don't want it read anywhere else. Keep important printouts in a secure location, and when you don't need them anymore, don't just throw them in the waste basket - shred them.

Being a user of the Ali Base Local Area Network is like being a member of the local community. It is every LAN user's obligation to learn and apply your responsibilities - be a good network citizen. Believe it or not, the defense of the LAN begins with YOU.

Camel spiders, the myth the legend

By Master Sgt. Lawrence Robinson

407th ECES Pest Management Team

Over the last few weeks the 407th Expeditionary Civil Engineer Squadron's pest management team has seen approximately 10 to 20 camel spiders on base.

We have also been asked several questions concerning this mean looking pest. With the weather getting warmer, we will see several more of these pests around base. It may be helpful to answer your questions by looking at the myths and facts concerning camel spiders.

Myth: Camel spiders are a venomous insect that can anesthetize its victim so they can eat portions of their flesh.

Fact: Camel spiders are not venomous nor do they possess a venom gland.

Myth: They like to feed on human skin

Fact: They do not see humans as prey nor are they flesh eaters. But, if you're a cricket, pillbug, scorpion, or spider you could be in danger.

Myth: They will chase or follow you.

Fact: A camel spider may follow you to use your shadow as protection against the direct sunlight. If it persists, use that combat boot!

Myth: Camel spiders can jump several feet in the air.

Fact: Their jumping ability is very limited to almost non-existent. Just because it has 10 legs doesn't mean it can jump any distance vertically or horizontally.

Myth: Camel spiders can run at 25 mph while making screaming noises.

Fact: Camel spiders can reach speeds up to 10 mph making them the fastest non-flying arthropod. But that speed is used mostly for getting out of your way. They don't scream either.

Myth: Camel spiders are spiders.

Fact: Camel spiders are not spiders nor are they scorpions. They are considered arachnids just like spiders and scorpions but they are a completely different species of arachnid called *solifugae*.

Myth: They can get the size of a dinner plate or hubcap.

Fact: Camel spiders can get up to 1 to 5 inches in diameter including the leg span.

Myth: Camel spiders make wonderful pets and are easy to care for.



Photos Courtesy of Armed Forces Pest Management Board

With the warm weather on the horizon, camel spiders like the one above will be more prevalent in Bedrock. Be sure and check boots and your living quarters regularly.

Fact: Camel spiders make terrible pets. Please reread "Facts" above.

Camel spiders might not have any venom to cause any damage but their 4 separate working jaws can do plenty of damage.

When you approach a camel spider it will run the other direction. In the cases where people have been bitten it has been accidental and for the camel spider's protection. If you are bit by one, calmly report to the hospital for a doctor to evaluate it.

In order to protect yourself from being accidentally bitten, I suggest you do the following things:

1. Shake your boot out before placing your foot in.
2. Walk through your tent or office area at least twice a month checking under bags, in corners, behind bags, under beds, etc.
3. When you are outside working and you take off your blouse or hat and set them down, be sure to shake them out before you put them back on.
4. Be careful in cool, dry places with shade such as under a box or pallet, as camel spiders will want to be there.

Finally, be aware of your surroundings. If you follow these tips you should be able

to protect yourself from any accidental bites from a camel spider.

Camel spiders are actually a very beneficial insect. Their speed, strength, and stealth are weapons against insects that are harmful to us. If you have a scorpion in one corner and camel spider in the other, bet on the camel spider.



Camel spiders are said to be normally one to five inches in diameter including the leg span. The one above is typically the size of a camel spider

407th AEG Warrior of the Week SrA Liz Melendez-Velazquez



Unit: 407th Expeditionary Logistics Readiness Squadron
Home unit: 354th LRS, Eielson AFB, Alaska

Why other warriors say she's a warrior:

Senior Airman Melendez-Velazquez, serving as a POL laboratory technician, was at the heart of a fuel quality issue affecting coalition aircraft and fuel stockages. To identify the contaminant source and eliminate areas unaffected, she worked continuously for a 28-hour period to analyze eight aircraft and storage samples which revealed the quality of fuel from each source and allowed corrective action to be taken. To ensure USAF aircraft fuel loads and on-hand stock had not been affected, she also assisted in analyzing another 33 samples, finding no contamination. Airman Melendez-Velazquez is a native of Bayamon, Puerto Rico, and has been at Eielson for two years.

What is your most memorable Air Force experience?

Leaving Eielson when it was 25 below and arriving in Qatar at 62 above.

Identify This



KNOW WHAT THIS IS? Each week, the "Tallil Times" staff takes a photo from around Ali Base. If you can identify the object or item, shoot us an e-mail at: tallil.times@tlab.aorcentaf.af.mil. with "Identify This" in the subject block. The winner gets their name printed in the Tallil Times. Congratulations to Airman 1st Class Justin Fordyce who was the first to correctly identify the photo in last week's newspaper of a piece of licorice

From the Chapel

Puppy Love

A farmer had some puppies he needed to sell. He painted a sign advertising the four pups. And set about nailing it to a post on the edge of his yard. As he was driving the last nail into the post, he felt a tug on his overalls. He looked down into the eyes of a little boy.

"Mister," he said, "I want to buy one of your puppies."

"Well," said the farmer, as he rubbed the sweat of the back of his neck, "These puppies come from fine parents and cost a good deal of money."

The boy dropped his head for a moment. Then reaching deep into his pocket, he pulled out a handful of change and held it up to the farmer. "I've got thirty-nine cents. Is that enough to take a look?"

"Sure," said the farmer. And with that he let out a whistle. "Here, Dolly!" he called.

Out from the doghouse and down the ramp ran Dolly followed by four little balls of fur. The little boy pressed his face against the chain link fence. His eyes danced with delight.

As the dogs made their way to the fence, the little boy noticed something else stirring inside the

doghouse. Slowly another little ball appeared, this one noticeably smaller. Down the ramp it slid. Then in a somewhat awkward manner, the little pup began hobbling toward the others, doing its best to catch up...

"I want that one," the little boy said, pointing to the runt. The farmer knelt down at the boy's side and said, "Son, you don't want that puppy. He will never be able to run and play with you like these other dogs would."

With that the little boy stepped back from the fence, reached down, and began rolling up one leg of his trousers. In doing so he revealed a steel brace running down both sides of his leg attaching itself to a specially made shoe. Looking back up at the farmer, he said, "You see sir, I don't run too well myself, and he will need someone who understands."

"With tears in his eyes, the farmer reached down and picked up the little pup. Holding it carefully he handed it to the little boy.

"How much?" asked the little boy.

"No charge," answered the farmer, "there's no charge for love."

OUT AND ABOUT



Worship services

Worship is at the 407th Air Expeditionary Group Oasis of Peace Chapel, unless otherwise noted. The chapel is open 24 hours a day for prayer and reflection. For details on worship opportunities, call 445-2006.

Sunday

0730 Catholic Confession
@ Chapel/Chaplain's
Office

0800 Roman Catholic
Mass @ Chapel

0930 Traditional Protestant
Service @ Chapel

1000 LDS Service @
Army Religious Activity
Center

1030 Roman Catholic
Mass @ Camp Cedar

1230 Gospel Service @
Big Top

1800 Contemporary Praise
Team Rehearsal @ Chapel

1900 Contemporary
Worship Service @ Chapel

Monday

1800 Weekday Mass @
Chapel

1830 Gospel Service
Prayer Hour @ Conf.
Room

1930 Gospel Choir
Rehearsal @ Big Top

Tuesday

0600 Weekday Mass @
Chapel

1900 RCIA @ Conf.
Room

Wednesday

1700 Catholic Choir
Rehearsal @ Chapel

1800 Weekday Mass @
Chapel

2000 40 Days of Purpose
Bible Study @ Chapel
Annex

Thursday

0600 Weekday Mass @
Chapel

1830 Catholic Choir
Rehearsal @ Chapel

1900 LDS Study @ Army
Religious Activity Center

1945 Gospel Service Bible
Study @ Chapel

Friday

1800 Weekday Mass @
Chapel

1830 Gospel Choir
Rehearsal @ Chapel

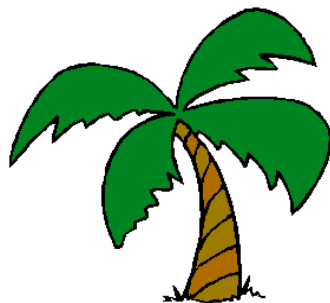
1145 Islamic Prayer @
Army Religious Activity
Center

Saturday

1730 Catholic Confession
@ Chapel/Chaplain's
Office

1800 Catholic Vigil Mass
@ Chapel

1900 Contemporary Praise
Team Rehearsal @ Chapel



Today

Noon, Grudge
8 p.m., Grudge
Midnight, Grudge

Saturday

Noon, Independence Day
8 p.m., Independence Day
Midnight, Independence Day

Sunday

Noon, Along Came A Spider
8 p.m., Along Came A Spider
Midnight, Along Came A Spider

Monday

Noon, Viewers Choice
8 p.m., Viewers Choice
Midnight, Viewers Choice

Tuesday

Noon, The Client
8 p.m., The Client
Midnight, The Client

Wednesday

Noon, Frankenfish
8 p.m., Frankenfish
Midnight, Frankenfish

Thursday

Noon, Childs Play
8 p.m., Childs Play
Midnight, Childs Play

March 25th

Noon, Chronicles Of Riddick
8 p.m., Chronicles Of Riddick
Midnight, Chronicles Of Riddick

Who says it never rains in the desert...



Photos by Staff Sgt. Darcie Ibadapo

A series of thundershowers flooded Ali Base late last week. High winds and precipitation created wet and muddy conditions. More than 1.2 inches of rain fell in a 72-hour period.

Muscle Beach Events

Today, Yoga, 5:30 a.m.,
B-Ball, 7, 8 and 9 p.m.

Saturday, Volleyball, 1, 2 and
3 p.m., B-Ball 7, 8 and 9 p.m.

Sunday, Dribble Challenge,
6 p.m.

Monday, B-Ball, 7, 8 and
9 p.m.

Tuesday, Tai Chi, 5:30 a.m.,
Strongman Competition,
6 p.m.

Wednesday, Taebo, 5:30 a.m.,
B-Ball, 7, 8 and 9 p.m.

Thursday, Tai Chi, 5:30 a.m.

Mar. 25th, Yoga, 5:30 a.m.,
B-Ball, 7, 8 and 9 p.m.

ESVS Presents Just for fun

Tonight, Combat Bingo,
7:30 p.m.

Saturday, Dominoes, 8 p.m.

Sunday, Spades, 8 p.m.

Monday, Madden League,
7:30 p.m.

Tuesday, Ping Pong, 8 p.m.

Wednesday, Madden League,
7:30 p.m., 8-Ball, 8 p.m.

Thursday, Chess Club,
7:30 p.m.

Mar. 25th, Combat
Bingo, 7:30 p.m.,
Talent Show, 8 p.m.

